



MAT-SU MONITOR

MATANUSKA-SUSITNA COLLEGE

October 2009

Paramedic students already field training



PHOTOGRAPH PROVIDED BY: Lisa Schobert

By Lisa Schobert

Special to the Mat-Su Monitor

The paramedic students at Matanuska-Susitna College are underway in their studies, and the first field training was presented to them on the first weekend of class.

The Disaster Medical Assistance Team (AK-1 DMAT) rolled into the campus with three trucks full of supplies including, tents, radios, sinks and medical supplies. The overall idea is for the team to be self-sufficient for three days of an actual disaster. DMAT was established to provide medical assistance to Americans in the event of a natural or man made disaster and give stateside support for injured men and women of the U.S. Military.

Paramedic students assisted with unloading the supplies from the trucks and setting up the tents. For lunch, the group dined on MREs (Meals Ready to Eat), and for some of

the students it was their first experience. Opening the food posed a challenge and the proper technique for hydration and spices were taught. "The MRE's were a fun bonding experience" was a comment by student Rebecca Zacher.

After lunch, the students were taken from tent to tent and received explanations for each station. In the afternoon, Ken Kelpie, from LifeMed, arrived with a helicopter and the students were given a tour of the flying ambulance service. For this reporter, the helicopter was interesting as I live in the bush and our critical patients are usually transported using a helicopter or fixed wing transport system. Honnen McLeod, a paramedic student, commented "the medical services that they can provide surprised me."

» See AK-1 team, **PG. 3**



The Magic of Music

By Traci Steele Mat-su Monitor

I Would have never fathomed that a person could survive on music alone, but the six members of Azurae have definitely proven me wrong. I had the chance to sit down with Tory Rieless, Nathan Boegel, Travis Johnson, Justin Allen Redington, Wesley Johnson and Gabe Pfeifer of Azurae, during a break in band practice to give me the run-down of who they were and what music meant to them.

» See The Magic of Music, **PG. 9**

Mat-Su valley #1 for Chlamydia in state of Alaska

By Teresa Hofer

Special to Mat-Su Monitor

According to the Alaska Epidemiology lab, Alaska is #2 in the nation for chlamydia. Alaska has been #1 and #2 in the nation for chlamydia since 2000. If you have had unprotected sex you have been exposed. The Mat-Su Borough is #1 in the state of Alaska for cases of chlamydia. Why is this?

» See Chlamydia, **PG. 3**

Potatoes a' plenty

Locals gather to dig some spuds for a good cause.

By Andrew Loeb

Special to the Mat-Su Monitor

Not even the cool rains of September could keep the die-hard Mat-Su folk from attending the first annual Dig N' Donate Harvest and Potato Bake. Students, faculty, and community members all joined in for the festivities; from trudging through the mud covered fields to enjoying the vegetables of their labor. Attendees were given the chance to sample the delicious potatoes grown organically in the community farm and those that were grown commercially. Those that took the challenge agreed unanimously that the locally grown vegetables were by far the better tasting ones.

What is this Dig N' Donate Harvest? I spoke with Karen Backlund, the organizer of this event, in order to better understand why they put this together. It came down as a follow-up for the Organic Gardening class that was offered during

the previous semester. Karen felt that the class was working well, but it needed more of a "hands on" approach to the curriculum and felt that it would also be a great way to get the students in the classes involved in the community.

Where does all the extra produce that has been harvested go after the season has ended? The project was aimed to help the less fortunate of the community to have access to fresh produce when they otherwise wouldn't and it gave local produce a chance to procure some long overdue notoriety. A representative from the Food Bank in Wasilla was present to take a car full of the recently harvested potatoes to be given to the community.

Don't think I forgot about the workers. The volunteers put in countless hours weeding, watering, and making sure nothing happened to their crop since they started in June. Keep in mind that it took a little extra work as the farm is organic; but the warm summer made for a great time tending to the garden, even though, as Karen put it, "...it is not glamorous work." But, honestly, how many other jobs can you think of that let you play in the dirt and mud all day long? It wasn't

all work though; hints of volleyball games were dropped among the workers and are potentially a source of blackmail for more workers in the upcoming 2010 season.

When all is said and done and the workers have gone home to clean off the dirt one last time, it's those behind the scenes that are hard at work making sure all the paperwork is in and the preparations have begun for next season. A special thanks would like to be expressed to all of those that helped in the process of making this a reality: The UAF campus donated the use of farm time to the school; the local farmers that shared their years of wisdom with the next generation, and to Sandra Gravely, who put in for all the grants to get the money to make the project a reality. And Sandra summed up the entire experience with the perfect statement, "Best potato ever!"



Local volunteers pose for a picture after digging potatoes for the Dig N' Donate Harvest

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Chlamydia: The silent disease

Why is the Mat-Su Borough #1 in the state for Chlamydia? It's because our children are not being educated at home or in school on protecting themselves from these deadly diseases while being sexually active. Many parents encourage abstinence, but they may not be educated or are too embarrassed to talk to their children about the consequences. This is not something we should hide from our children. We want to protect them from getting these very serious diseases. We should make everyone aware that this is a problem, because if the public are not educated the problem will not go away, but continue to grow and spread quickly throughout society. Sex is not going to go away, but we can help protect ourselves by using condoms.

Susan Jones of the State of Alaska Epidemiology states "The kids are going to have sex regardless of what their parents say. Studies show that teens and young adults are having multiple partners and therefore spreading the disease widely to the rest of the population." Susan also states "when you spread your love around, don't spread the disease."

What is chlamydia? It is a bacterial infection that is transmitted sexually through the vagina, penis, anus, mouth and bodily fluids. The signs and symptoms vary from no symptoms at all to very severe. Chlamydia is called the "Silent disease" for this reason. The following are some signs and symptoms. If you notice any of these signs, please contact your doctor and get tested and treated as soon as possible.

Women: range from no symptoms to vaginal discharge, pain and burning with urination, red swelling genitals, pain with sex, bleeding between periods.

Men: no symptoms, penile discharge, pain and burning with urination, red swelling genitals.

If left untreated this can cause pelvic inflammatory disease (PID) and may cause infertility in women by spreading to the uterus and fallopian

tubes. In men it causes infertility as well by damaging the epididymis (the tubes that carries sperm from testes).

Signs and symptoms of PID include fever, nausea, vomiting and pain in abdomen. Long term health problems can be avoided with early treatment. Women who have been exposed to chlamydia are 5 times more likely to become infected with HIV, if exposed to a person with HIV, according to the Center for Disease Control and Prevention.

Who should be tested? Everyone who has had sexual contact. You can get a sexually transmitted disease (STD) test from your doctor or the school clinic. The test will give you peace of mind by knowing your status and will show if you need to be treated for the disease. If you test positive an antibiotic will be given to you and your partner and everyone else involved in the chain. Chlamydia is a state reportable disease and the state will contact you to get the names of all persons involved so everyone can get treated properly. While on the antibiotic you may not have sex for the duration of the treatment, giving the medicine a chance to do its job. Retesting after your treatment is always a good idea to make sure the treatment worked. Screen yourself annually or more often especially if you are with new partners. Asking for your partners test results is a good idea as well, but don't be surprised when your new partner asks you for your test results too.

Condoms are a must. Condoms with spermicide are not as reliable, as the spermicidal lubrication can cause irritation to some, causing lesions for the disease to easily transmit from one partner to the next. Respect yourself! Care about your health and well being. Please protect yourself and be aware of your sexual habits and partners.

I would like to end with this quote, "Etiquette for sex today means that you want to make sure you don't pass on diseases to your new partner. Get checked for sexually transmitted diseases before you have sex with a new partner and use a condom. Condoms have been shown to help prevent the spread of Chlamydia, AIDS, Syphilis, Gonorrhea, Genital Herpes and most recently, Human Papilloma Virus (HPV) with its attendant risk for cervical and rectal cancer. Protect yourself and your partner."

- DR. Susan Lemagie OB/GYN FACOG

AK-1 Team

Continued from cover

The AK-1 team is a federally sponsored, local, volunteer-based response team that replies to disasters. This Alaskan team is made up of volunteer doctors, nurses, physician assistants, paramedics, EMTs, and non-medical support personnel. They have been deployed to the 9-11 Ground Zero Recovery Efforts in New York City, the Kosovo Refugee Process, and Hurricane Katrina to name a few. For detailed information, visit www.ak1dmat.com. Paramedic student Teresa Hofer commented, "I thought it was an amazing experience and I am very impressed with what that group does and cannot wait to be a member someday!"



04 LOCAL NEWS

The Cottonwood Creek Watershed

By David Adcock
Mat-Su Monitor

If you live on the Cottonwood Creek or one of the lakes that it flows through you might have had a group of people come to your door with information on the Cottonwood Creek Watershed. I will describe it in case you were not fortunate enough to receive one of these packets. This booklet would have been wrapped in horrifying photos of pollution, pro environment logos, and other "green" propaganda. It also would have given some statistics on the damage that a single house along the creek can cause as well as information on how you could positively affect changes on your pollution footprint. This packet was distributed in response to three changes in the creek's function. First, the surface of the creek is spotted, at points, with collections of foam. Foam is an indicator of detergents or other pollutants in the water. Second, the unusual mats of growth found in the creek downstream of Wasilla Lake. This growth could be *Sphaerotilus*, also known as "sewage fungus", which occurs in high concentrations of organic matter. The third sign of trouble associated with the creek is the death of fish in substantial quantities. No one wants to see the decline of Alaska's fish supply and if humans are causing fish to die then change would most certainly be implemented. These issues all seem to be caused by carelessness of individuals who affect the watershed. But how concerned should we be about the health of the creek?

First, let me tell you a little about the Cottonwood Creek. The Cottonwood Creek is a small body of water that flows through Cottonwood Lake, Wasilla Lake, past the intersection of the Parks and Palmer-Wasilla Highways, down Knik Goosebay, and down around Fairview Loop before finally dumping into the Knik Arm. The Cottonwood Creek covers a lot of inhabited area and it is easy to ignore because of its small size, but everyone who borders the creek or interacts with its watershed affects the creek in some way.

A watershed is the region draining into a river system or body of water. The Cottonwood Creek's watershed is massive. Everyone who has a

home bordering the Cottonwood Creek, Wasilla Lake, and Cottonwood Lake are key contributors to the creek's water supply. The area around Wasilla Lake is cited the most often because of the dense human traffic in that area. There are several major shopping centers, several car shops, and two highways at this one point along the creek. The rest of the creek, however, should not be overlooked. There are numerous properties that border the Cottonwood Creek before it reaches its dumping point in the arm. Any one of these houses by themselves would pose no threat to the sanctity of the creek, but in large quantities they can be a devastating force on the balance of the creek. If even half the people that border the creek used excess fertilizer on their lawns, then the nitrates that entered the creek system could have drastic effects on the plant and wildlife that exist there.

Allow me to conclude by saying, first of all, that the United States Geological Survey performed a study on the creek and released the report in 2005. The report states that the foam is completely natural and that man's role in the creek's change is minimal. This information can be found online at: http://dec.alaska.gov/water/acwa/pdfs/fy04_cottonwoodcreekreport_arri.pdf

The fact that the Cottonwood Creek is doing alright does not mean that you can abuse the creek. The Cottonwood Creek is an important part of the fluvial system of Alaska. Keeping the creek clean is not difficult. Keep your yard clean and watch what you dump and the Cottonwood Creek will continue to flow clean for future generations.

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College to host renewable energy lecture series

The Mat-Su College's Public Square will host a series of renewable energy lectures throughout the 2009-2010 school year. The lectures will take place on the last Friday of each month except for November and December. The lectures coincide with the launching of Mat-Su College's new Certificate program in Renewable Energy, which will begin in the Spring semester. Below are the dates and titles for the upcoming events:

October 30: Wind Energy in Alaska - Katherine Keith

November 20: Small Hydro Power in Alaska - Earle Ausman

January 29: Producing Renewable Hydrocarbons from Biomass - Andres Soria

February 26: Building a Masonry Stove for Efficient Wood Heat - Mark Masteller

March 26: Solar Hot Water in Alaska - Harvey Bowers

April 30: Energy-Efficient Buildings - Jason Collins

Workshops on retirement topics slated for spring semester

John Warner, Adjunct Instructor in Business at Mat-Su College, is organizing a series of continuing education workshops on retirement topics during the spring semester. As the facilitator he will bring in guest speakers on each topic. The workshops will take place under Mat-Su College Public Square venue and I agree. The exact dates of the workshops was not definite as of press time, but they will most likely take place over a series of Wednesday evening. The exact titles of the workshops, as well as their presenters, will be published in the December issue of the Monitor. Sample topics include the following:

- **Understanding Social Security Benefits**
- **Understanding Medicare**
- **Estate Planning**
- **Elder Law Issues**
- **Tax Exclusions**
- **Benefits**



MAT-SU MONITOR
MATANUSKA-SUSITNA COLLEGE

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06 COLLEGE NEWS

Lions Club holds bake sale for good cause

By Suzanne Bach, Fine Arts Coordinator
Special to the Mat-Su Monitor

The Mat-Su College Lions Club had their first bake sale on campus October 14 in the lobby, to raise money for the Thanksgiving Baskets that the college provides each year for families in need. By far the most popular goodies were the Magic Chocolate Squares baked by Lions Ryan and Bradley Lucas using their Mom's recipe. Way to go guys. We look forward to the next time you bake! By the way, the \$127 raised is just the beginning of this worthwhile drive. Watch for the basket on display as a drop off for canned foods to also go to the worthy families. All are welcome to contribute in this annual gift-giving opportunity.



Officers of Mat-Su Campus Lions Club, Carla Modrell Treasurer/Secretary; Cheryl Page, President; Suzanne Bach, Vice President sell Baked Goods at MSC.

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College ads 20,000 eBooks to library

By Craig Ballain, Mat-Su College Librarian
Special to Mat-Su Monitor

The Alvin S. Okeson Library has leased a collection of over 20,000 eBooks from ebrary, Inc. Access to the collection is available through the library's online catalog, and currently enrolled students and employees of Mat-Su College can use the books from home. The collection covers a wide variety of subjects, and students can create lists of titles as well as add notes while they research and link to other relevant information in the library and on the web through infotools.

Titles in this collection will appear in the results of searches of the library's online catalog. Each has a link that says, "Go to UAA Mat-Su Web subscription". Clicking on the link will take you to the book. Computers located on campus will not require a password, but computers located off-campus will. If you would like to access one of these books from off-campus, simply follow the directions on the login page that will appear after clicking on the "Go to UAA Mat-Su Web subscription" link.



MSC Employment Information

Many job opportunities exist with Mat-Su College and the university of Alaska. Learn about these jobs, by visiting www.UAKJobs.com.

For more information about jobs at Matanuska-Susitna College, contact:

Andrea G. Andrews

Human Resource Technician II

Matanuska-Susitna College

Phone: 907-745-9725

Fax: 907-745-9711

Email: aandrews@matsu.alaska.edu

Phi Theta Kappa Honor Society Scholarships

Phi Theta Kappa Honor Society Scholarships 2010 marks the 20th anniversary of the All-USA Community College Academic Team. Nearly 1,000 students have been recognized and honored as representatives of community colleges in USA TODAY, and with the addition of the Coca-Cola All-State Community College Academic Team, now even more opportunities are available for nominees. In

partnership with USA TODAY, the Coca-Cola Scholars Foundation, the Coca-Cola Foundation, AACC and Phi Theta Kappa, this expanded program seeks to honor 370 students as representatives of all outstanding community college students around the world. Nearly \$500,000 in stipends will be provided to students in 2010. These programs share a common application and eligibility criteria.

Phi Theta Kappa will administer both recognition programs. For more information on these scholarships, visit the following website: <http://www.ptk.org/schol/aaat/announce.htm>

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of campus life?**

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Register for spring
semester.

UA Online opens for degree
seeking students on November 9th.

Non-Degree seeking students may
register on November 16th.



The magic of music Continued from cover

A closer look at the local band Azurae.

At first glance, the band members seemed like an odd match for one another. Justin and Tory are full of energy, loud, and very silly while Nathan is a bit more reserved in his demeanor and is into Dungeons & Dragons and fantasy books. Travis on the other hand, was a football star in high school, but since then has turned into a "scene queen", and Wes just seemed like a mysterious kind of person who picks his words wisely. And then there is Gabe, who stands over six feet five inches and looks more like a scary Viking than anything else. However, once they took a seat and relaxed, it became quite clear to me how these polar opposites complimented each other so beautifully.

Tory Rieless, the drummer, who is also known as "The Muscles" in the group, said the band is a hybrid of thrash core and death metal. These musical terms stumped me for a moment, but he went

"If this style of music has been heard before, it definitely hasn't been heard here in Alaska."

on to explain, "It's very intense like death metal, yet technical like thrash core metal music." I followed up by asking him what he loved most about their unique style of music and Tory revealed, "If this style of music has been heard before, it definitely hasn't been heard here in Alaska." He went on to explain how he supports the local mosh pit in the Valley and his hopes for unifying the metal scene with the hard core scene through their music. I asked Tory what he would say to those who aren't fans of their type of music and Tory replied, "I tell older generations who look down on Metal as just screaming and controlled noise, that Metal is adrenaline and not just anger. Sometimes it can be angry, but then

again, every genre has songs written about different emotions. It's not just anger; it's adrenaline, it's passion, it's everything."

I wanted to find out from each of the members of Azurae what they liked to do when they weren't rocking out in their garage. Travis Johnson said that he goes to school when he's not practicing with the band and spends part of his time in the evening watching The OC. Justin told me his daily ritual is waking up and drinking coffee and energy drinks before he does anything else, but once that has been taken care of, he likes to hang out with friends and skate around town. Wes said "I start every morning with breakfast from McDonalds and herbal remedies." Wes

went on to explain that he takes care of his autistic brother instead of working, so the flexible hours help him to make band practice and shows. When Tory isn't jamming with his band mates he

is cooking at the Colony Kitchen located in Palmer and Nathan works for a local sporting goods company as a freight hand. And as for Gabe, when he's not bringing the fear on stage, he likes hanging out with his wife at home or working for a local telephone company. However, even in their most hectic of schedules, all six members always have music on their mind; from thinking about the next time they will be practicing to coming up with new songs for the next session. The boys of Azurae are dedicated to their art and it shows in their music.

Check them out October 31, 2009 at Make-A-Scene located on Melanie Street off of Lucas Road around 7 p.m.

Daffodil Eleven releases first EP

By Bryce Hyslip Mat-Su Monitor

Local musician and songwriter Elizabeth Williams has just released her first EP CD this week; it includes 6 songs and one hidden track. Elizabeth Williams relocated to the Mat-Su valley nearly one year ago, and has continued her music as well as her missionary work. She is currently volunteering at a local drug and alcohol rehabilitation center called the "Alaska Dream Center."

Williams has been a missionary for the last eleven years, and has been a musician just as long. She has traveled the world with mission teams while taking her music along with her as an anthem for her journey. She has performed in coffee shops, street corners, private homes, grocery stores (yes, like the ones that sell food), churches, and bars. Her travels have taken her and her music to 16 countries on 6 different continents around the world.

Her music could be described as Indie Acoustic, but she has a unique style; she is always trying to push the notes themselves out of their comfort zone by playing accidentals and intriguing chord patterns. Her voice seems to have been created for her unique style; it can be as smooth as the latte' at the coffee house she's playing at, or as intense as those Red Bull's keeping you awake at that late night concert. She is truly a musical chameleon, with a heart for helping people.

If you would like more information about Elizabeth Williams and her new CD you can visit her Myspace Music page or e-mail her at bethlehamm7@hotmail.com



Portfolio payoff

By Suzanne Bach, Fine Arts Coordinator
Special to the Mat-Su Monitor

Every year since 1998 Mat-Su College has awarded a high school student full tuition for twenty-four credits over two semesters, based on their artistic abilities. The student receiving the tuition waiver tuition waivers is not obligated to use the credits in art courses, but often does.

Emily Gilino-Bequette is the winner for the current school year, and graduated from Cyberlynx, which has a home school base.

The following interview took place on Oct. 14, 2009.

BACH: As a child when did you show an interest in art?

GILINO-BEQUETTE: I started drawing as soon as I could hold a crayon. I even found a drawing from when I was about three that was recognizable as bluebells.

BACH: Did you have art lessons growing up?

GILINO-BEQUETTE: My first art lesson was at Blaine's when I was thirteen. I was entirely self-taught until then.

BACH: Did you have a mentor?

GILINO-BEQUETTE: I never really had a mentor, but I did have many supportive people around me.

BACH: Who has been the biggest influence on your art development?

GILINO-BEQUETTE: My mom and my school advisors both helped to encourage me to develop my artistic talents. I chose my own directions and they pointed me to the people who might help me get to where I wanted to go. I've had many great instructors and it wouldn't be fair to name only one of them as my biggest influence. I learned a lot from each of them.

BACH: How does your family feel about your art interest?

GILINO-BEQUETTE: Both of my parents are very supportive of my ambitions. My mom in particular has always worked extra hard to make sure that I could continue doing art. She also made sure that I never missed great opportunities to advance my work and gain more education.

BACH: Do you see art as a career for yourself? Explain.

GILINO-BEQUETTE: I can definitely see myself using art as a career; however, I'm totally at a loss as to what branch I might go into. Recently I've been questioning whether I really do want to use art as a

career or if I'd rather maintain art as a hobby so that I can be sure never to lose my love for it by turning it into work. It may take me a few years to really make up my mind about that. In the meantime, I plan to continue with my art degree so that no matter what I will have it. Besides, I love art and want to learn all I can about the craft and how I can improve my skills in it.

BACH: What classes are you enrolled in this semester at MSC?

GILINO-BEQUETTE: This semester I'm taking Beginning Drawing, Color Design, Intro to Philosophy and Intro to College Writing

BACH: Where do you think you would like to be ten years from now?

GILINO-BEQUETTE: I would like to be out of school, into a good job and well on my way to a happy life. I haven't the slightest idea of what I really want to do or even where I want to live, but I do know that I want to create a comfortable life for myself and my family. I know that a good college education is the best place to start on that road.

BACH: Anymore comments about college?

GILINO-BEQUETTE: College has been a great experience for me so far. I've met some great instructors and lots of fun people to hang around with. I could definitely see myself doing this for another 3 1/2 years.



Emily Gilino-Bequette

2009/2010 High School Portfolio
Competition Winner

COMIC

*One problem
with living at
home while
going to college.*

Bryce H.

Monday

My little baby is all grown up, *sniff* and going off to college!

Tuesday

My little baby is all grown up, *sniff* and going off to college!

Wednesday

My little baby is all grown up, *sniff* and going off to college!

Thursday

My little baby is all grown up, *sniff* and going off to college!

Friday

My little baby is all grown up, *sniff* and going off to college!

College art students at work

A small preview of Mat-Su college arts students artistic creations.



Students in Professor Suzanne Bach's Art Appreciation Class doing Print making class



(Left side) Student art work on display in the Upstairs Gallery in October from Professor John Barton's Beginning Drawing class and professor Karmen Staveland's Beginning Painting Class.

Fine Arts Classes

Spring 2010

Casting for Jewelry-ART A101

Fifteen weeks Jan-May
Fri 12:00A - 5:30P Apling

Basic Digital Photography-ART A103

Fifteen weeks Jan-May
Tue/Thu 7:00P- 9:45P Frei
Sat 9:30A- 3:00P Frei

Beg Drawing-ART A105

Fifteen weeks Jan-May
Mon/Wed 1:00P- 3:45P Barton

3-D Design-A113

Fifteen weeks Jan-May
Fri 9:30A- 3:00P Barton

Art Appreciation-ART A160

Fifteen weeks Jan-May
Tues 4:00P- 6:45P
Wed 1:00P - 3:45P Bach

Beg/ Int Stained Glass-ART A180A & B

Fifteen weeks Jan-May
Sat 9:00A - 3:00P Urroz

Intermediate Drawing-Art A205

Fifteen weeks Jan-May
Tue/Thu 1:00P- 3:45P Crowley Bell

Beginning Watercolor-Art A212

Fifteen weeks Jan-May
Mon/Wed 7:00P- 9:45P Bach

History of Western Art -ART A261

Fifteen weeks Jan-May
Wed 4:00P - 7:45P Barton

Basic Painting-ART A100

Five weeks Jan 16-Feb 20
Sat 9:30P- 3:00P Staveland

Intro to the Theatre-THR A111

Wed 4:00P- 6:45P Olson

Music Appreciation-MUS A121

Mon 7:00P- 9:45P Guiley
Wed 9:00A- 11:45A Stamoolis

Suzanne Bach, Mat-Su College
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